

STATE HOSPITAL IS SMALL CITY; FOOD CONSUMPTION IS IMMENSE; PATIENTS REALLY "MENTALLY ILL"

Sole responsibility for the welfare of any city with a population of 2000 is sufficient to demand a man of managerial ability but when a majority of these citizens are not responsible for their own actions this responsibility is increased and the ability to govern them must be greater in proportion. Such a responsibility rests upon Dr. R. E. Lee Steiner, superintendent of the Oregon State hospital for the insane with a present total of 1867 inmates, 1167 of whom are men and 700 are women. Incidentally, Dr. Steiner is recognized as an authority in his line of work and his institution one of the best of its kind in the country.

In addition it is necessary to employ a great many persons in assisting in the work of the state hospital. There are seven doctors and more than 200 nurses and attendants. Some idea as to the amount of provisions used in a year can be gathered from the following statistics:

Provisions used and purchased during 1923 amounted to \$67,765.65. There are 576 pounds of meat used daily, or 210,242 pounds a year. Seven barrels of flour are used each day or 2555 in a year. Eight hundred loaves of bread are baked daily, a total of 292,000 loaves in 12 months. In addition to the bread there are baked 3000 biscuits a week or 156,000 a year; 700 doughnuts a week or 36,400 a year; 750 cookies each week, a total of 39,000 for the year; 120 pies each week, or 6240 a year and 25 cakes per week, or 1300 during the year. Forty-two pans of ginger bread are baked each week, or 2184 pans a year. Each day there are served 6219 meals, or 2,269,935 in a year. The laundry turns out 150,000 pieces of work each week or 7,800,000 a year.

While the institution is supported by the state, it is not entirely dependent, for the value of farm and orchard crops produced in 1923 amounted to \$104,929.

"In the early history of the human race insanity was not recognized," Dr. Steiner replied to an inquiry as to when special care was given insane persons. "In the days of Christ epilepsy was not recognized as a disease but was attributed to demoniacal possessions. When superstition ruled the world the insane were looked upon with a great deal of reverence or fear. They were supposed to be under the influence of witches, these witches having the ability to transform themselves into beasts or to assume any shape they wished."

"It is probable that Bethlehem, or Bedlam hospital, which was established near London in 1247 was the first institution to care for the insane. The treatment was very cruel and inhuman. John of Goddesten, court physician to Edward II, about 1320, used a magic necklace for the treatment of epilepsy. In 1403 patients were permanently received in the old Bedlam asylum from a building known as the Stone House, Charing-Cross. In the days of James I the loafers about town and curiosity seekers paid a few shillings to see the show at Bethlehem. For a certain fee the keepers would exhibit their patients for the amusement of the mob, calling loudly the eccentricities as they passed by the wicket gates in their foul smelling cells."

Dr. Steiner told at length how a committee was appointed by the House of Commons in 1815 to investigate various asylums. Drunkenness and insanity among keepers and superintendents and neglect by the board of governors were discovered. During the late 70's chains and dungeons were discarded and the padded chair and room were becoming popular.

In the United States a period of neglect was apparent until 1843 when the Utica State hospital was opened, though the first institution designed exclusively for the care of the insane was opened at Williamsburg, Virginia, in 1773. The era of awakening came slowly in America, but when it did arrive it came as a popular wave in the various states and resulted

in the establishment of the institution in nearly all the eastern commonwealths as well as in what are now known as the central states. About 1850 provisions for the insane of the United States began to be considered a state duty and though many mistakes were committed, the outcome of the movement was state care as a policy, until today scientific care is employed and local conditions and surroundings of the insane patients are studied in order to ascertain the cause of the disease and the best method of preventing its development.

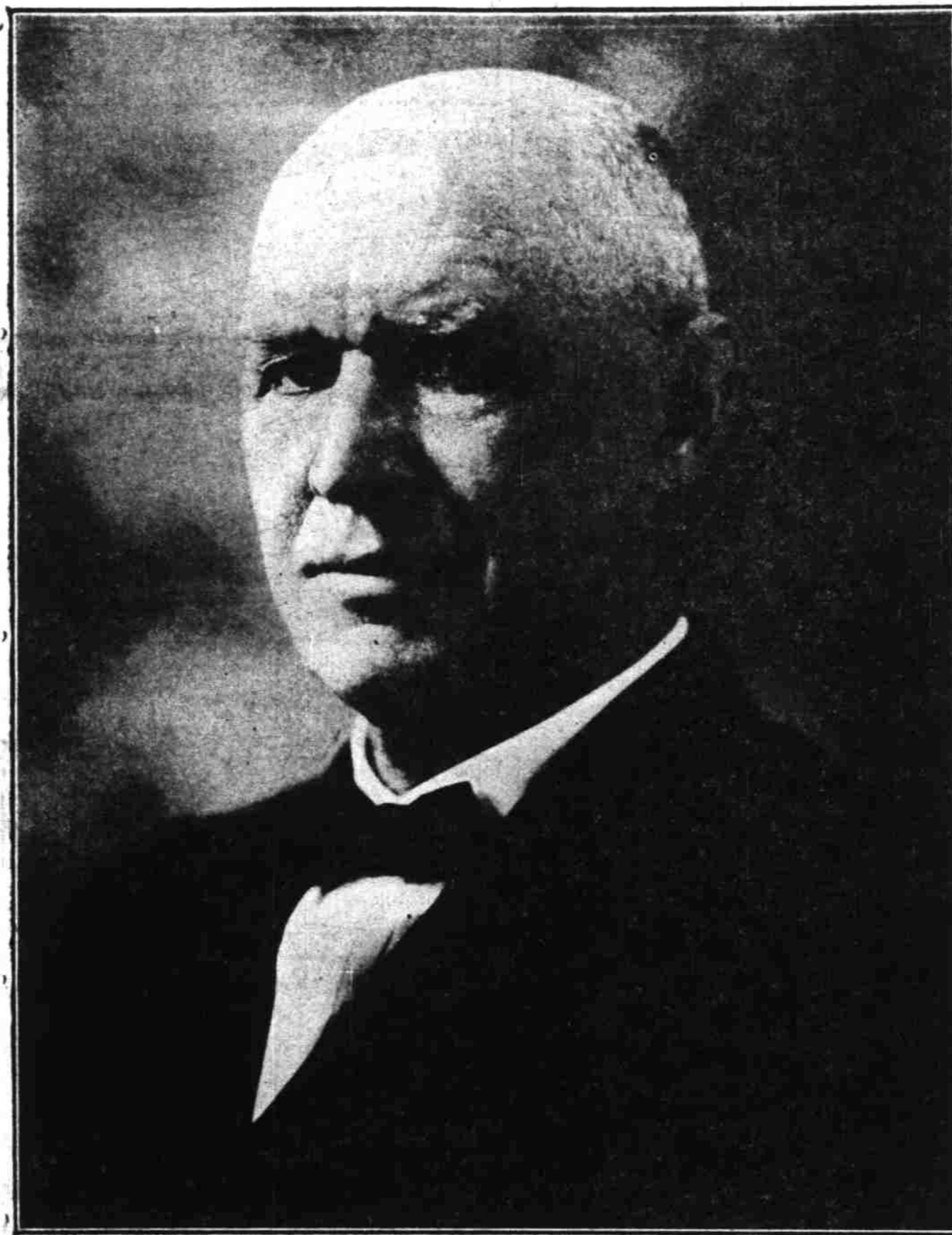
"Today when a patient arrives at our hospital he is immediately taken to the receiving ward, given a bath, placed in bed, temperature, pulse and respiration taken and he remains in bed from three days to one week," Dr. Steiner continued, speaking for the Oregon state hospital in particular. "This is done for the purpose of establishing in the mind of the patient that he is among friends and that he is being treated as any sick person. Too frequently the sick man is arrested by the sheriff placed in jail and brought to the hospital handcuffed and roped. Is it any wonder then that the patient feels that he is looked upon as a criminal?"

"During the first few days of his residence in the receiving ward the physician in charge makes a superficial examination to determine the immediate needs of the patient. A variety of tests are given and all symptoms noted. After the classification is made the patient is then placed in a ward in which patients of his type reside; for example we have specific wards for epileptics, feeble-minded, convalescents, criminals, tuberculars, mildly deteriorated and severely deteriorated cases, senile, chronic sick and acutely sick cases. The acute sick wards of infirmaries are equipped with modern operating rooms and major operations are performed whenever necessary by the most skillful surgeons of the city. Occupational therapy is one of the most satisfactory methods of treatment; more than 50 per cent of the patients are obliged to indulge in certain kinds of occupation."

"Today, after a diagnosis is made, we are fairly certain as to the subsequent course of the psychosis. A few years ago we used to resist the removal of all patients. Today we are so sure of our ground that we do not hesitate to ask relatives to remove certain patients who have recovered from their psychosis. In the olden days we rarely ever acknowledged that a patient was not insane. The number of patients paroled from the institution has been increasing over a period of years because of our better knowledge of the insane and the more efficient treatment they are receiving. A better day is dawning for the mentally afflicted. The future will find very little, if any, distinction between the hospital where the physically afflicted are treated and the hospital where the mentally afflicted are treated."

For the care of the insane in the early days of Oregon, Dr. Steiner furnished the following information:

"In the founding of any country, one of the first and most distressing problems to be met is the care of the insane. The following incident of the early history of Oregon shows that she was no exception to the rule. Oregon was comprised then of all the present states of Oregon, Washington and Idaho and a part of Montana. In 1808 an American fur trader named Hunery was operating in the Rocky mountains. One of his houses was attacked by Indians who killed all the men but one. This man escaped and wandered about for weeks until his reason became dethroned. He fell in with Indians on the Snake river who for three years housed, clothed and fed him in the same manner as that in which they lived. Compare this with what took place in the New England states at about the same time when poor insane women, known



Walter M. Pierce, Governor of Oregon

PIERCE IS REFORMER

Glance at First Year of Governor's Administration Shows Accomplishments

In every state are to be found some men at least who work consistently for the public good; men who give of their time and energy to advance their state. Oregon has some such men, and it happens one of them occupies the governor's chair, namely, Walter M. Pierce.

Governor Pierce has been in office little more than a year, but a glance at the record of his administration for that period reveals some real reforms in Oregon economics. Governor Pierce began his administration by persuading the legislature that appropriations for state purposes covering the present biennium could be reduced a million dollars as compared with the previous biennium. This was done. The governor followed this up by insisting that all departments economize to the greatest possible extent. The result is that all departments are operating under the amounts appropriated for them, notwithstanding the million-dollar cut.

The governor also was mainly

responsible for the legislature passing the state income tax act which was referred to the people and passed by them. This is calculated to raise in excess of a million dollars.

As a member of the state irrigation and drainage securities commission, the governor, with the assistance of his colleagues, has put reclamation in Oregon on a sound financial basis, including the elimination of exorbitant fees and commissions.

As a member of the state tax commission the governor was instrumental in increasing the assessments of public utility corporations by approximately \$41,000,000 as compared with the previous year, a sum which was apportioned down to an increase of approximately \$19,000,000. He was instrumental in cutting the state tax rate from 8.85 mills to 7.15 mills.

On the combined social and economic side, Governor Pierce asked for and received from the state legislature stronger laws for the enforcement of prohibition in

Oregon. Also he asked for and received an act creating the office of state market agent, a bureau for the benefit of the farmers in marketing and in protecting their interests otherwise.

Governor Pierce inaugurated a move to place the state penitentiary as nearly as possible on a self-sustaining basis. The appropriation was reduced, but the institution is still operating with a balance. If the flax crop is handled successfully, and there is every prospect that it will be, it is believed the prison administration will be \$50,000 to the good from its operation the first year under the Pierce administration.

Walter M. Pierce was born on a farm near Morris, Ill., May 29, 1861. His early education was very limited. He attended a country school a few months in the year and for a short time at Morris, Illinois, but he spent much of his time working on his father's ranch. He has always been a great reader, however, and during the few hours in the day when he was not laboring on the ranch he was

usually to be found reading any books that was his good fortune to obtain.

Early in life he came to Oregon where he worked on farms, finally obtained his own. He was a school superintendent, studied law, later attended the Northwestern Law School in Chicago and then practiced in the city of Pendleton, Oregon. He later became one of the largest cattle and wheat growers in Oregon.

Since 1898 he has been more or less prominent in Oregon politics. He was elected county school superintendent, twice, twice to the state senate, was once defeated for U. S. senatorship and once for governor before his election as governor of Oregon Nov. 2, 1922.

He has been married twice. His first wife was Clara R. Rudin, married in 1887 and who died in 1890. He married her sister, Laura M. Rudin in 1893. He has six children, one of them by the former wife and five by his present wife.

His favorite sports are reading history and horseback riding, if reading history is a sport.

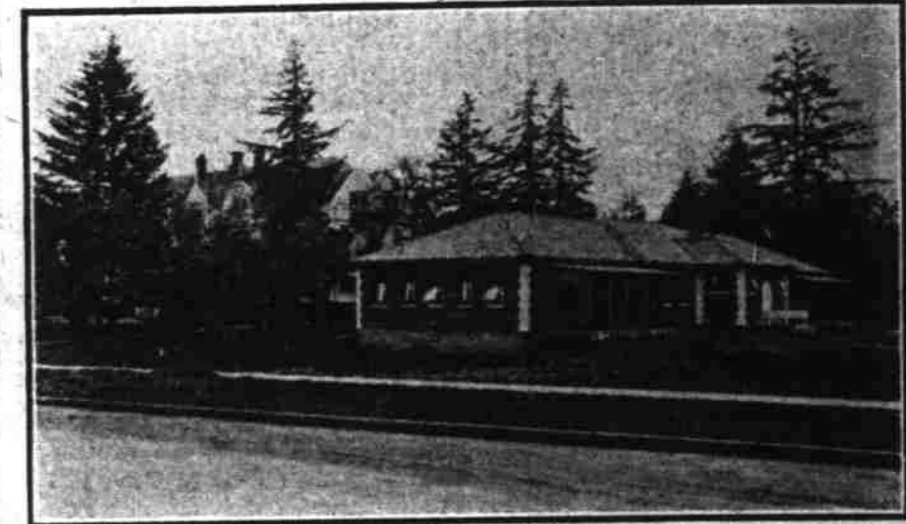
STATE SCHOOL FOR THE BLIND BROUGHT UP TO STANDARD OF BEST INSTITUTIONS OF ITS KIND

One of the difficult things to get people who have blind children to understand is the fact that early education of the unfortunate is absolutely necessary to insure the success of their lives. Some mothers and fathers seem to think that the school is a sort of a jail where children once placed are kept for years. This is not true—relatives may visit, send presents, or take home the children at any time they desire. Week end trips by students to their homes where the trip can be made in the time is very common. Summer vacation offers many of the other children the opportunity to visit home. The school is free, and parents or guardians have but to pay transportation and buy clothing.

Teachers of the highest type are in charge of the various departments and music in all branches from tuning of organs and pianos to the rendition of

number of teachers from one to six. The main object of the school is to furnish the blind and partially blind children of Oregon with the best known facilities for acquiring a thorough knowledge of the academic branches usually taught in the public schools, and to train them in remunerative professions or trades whereby they may, after leaving school, become wholly or at least partially self-supporting. The state course of study is followed as closely as possible through the 10th grade. As far as circumstances will permit the children receive the treatment of public school pupils and not that of "inmates of an institution."

In addition to their literary studies most of the pupils participate in the chorus work and all voices of promise are given individual attention. Special encouragement is given pupils to take



New Boys' Building, State School for the Blind

opera is a feature of the training. Not alone are trades and occupations that will be of value taught, but special care is given to conduct and mannerisms.

A new boys' building just completed and occupied February 1 is the latest in fire proof building and was designed especially for the accommodation of blind children. Every thing from an enclosed heating system to play porches and big airy sleeping rooms is of the finest and most careful workmanship.

An act of the legislative assembly of the state of Oregon, introduced by Representative J. H. White of Polk county, entitled "an act to appropriate \$4000 in gold coin for the education of the blind of this state and to provide for the same" was approved by Governor L. F. Grover, October 24, 1872. Accordingly the state board of school land commissioners arranged to open a small boarding school with one teacher, Miss Nellie Simpson, and two pupils. The school was established in the home of William Nesbit in Salem, February 26, 1873. The following year the number of pupils increased to seven, and Rev. J. H. Babcock was appointed the first superintendent. The school was known as the Oregon Institute for the Blind. In 1883 the school was moved to the Snowdot building on Twelfth street. The present location on Church street was first occupied in 1895. In the last 50 years the enrollment has increased from two to 47 and the

up instrumental music, piano and pipe organ instruction being the most prominent. Instruction is also offered in the following lines of industry and handicraft: Piano tuning, manual training, broom making, sewing, cooking, chair caning, hammock making, basketry, carpet weaving and housework. One thousand dollars worth of saleable articles was turned out in the industrial department during 1921 and 1922.

Children should enter the school at the age of six if possible and should previously had a great amount of home training. New pupils may begin at any time during the school year, preferably, however, at the beginning of the school year in September. Only children with insufficient vision to attend the public schools profitably are admitted. Applicants must not be mentally deficient. They must have ability to receive intellectual, physical and moral training, have willingness to conform to all necessary rules, possess good moral character and be free from all contagious and infectious diseases.

A superintendent, matron, six teachers, one general supervisor of pupils and 10 regular employes are on the payroll which approximates \$1200 a month during the school year. The legislative appropriation for maintenance for the present biennium is \$40,527.50, for repairs and replacements \$4740 and for buildings \$35,000. A new fireproof dormitory has just been completed and is now occupied.

and earnest consideration, the past several legislatures have been beneficently kind in their appropriations for the mental hospitals.

"Our present methods of care of the insane, compared with methods of the past generation, are as different as day and night. One can elaborate upon the humane side of the improvements, but the first big improvement came when the public insisted on committed patients being transferred to hospitals by trained hospital attendants. This was strongly opposed by sheriffs in 1905, though today the strongest supporters of the law are the sheriffs of the state. No woman is transported without a lady attendant from the state hospital."

"The last legislature enacted a law by which a person, who believes himself to be a potential insane subject can appear before the superintendent of the state hospital, and presenting a signed application for admission witnessed by a friend, who in addition to

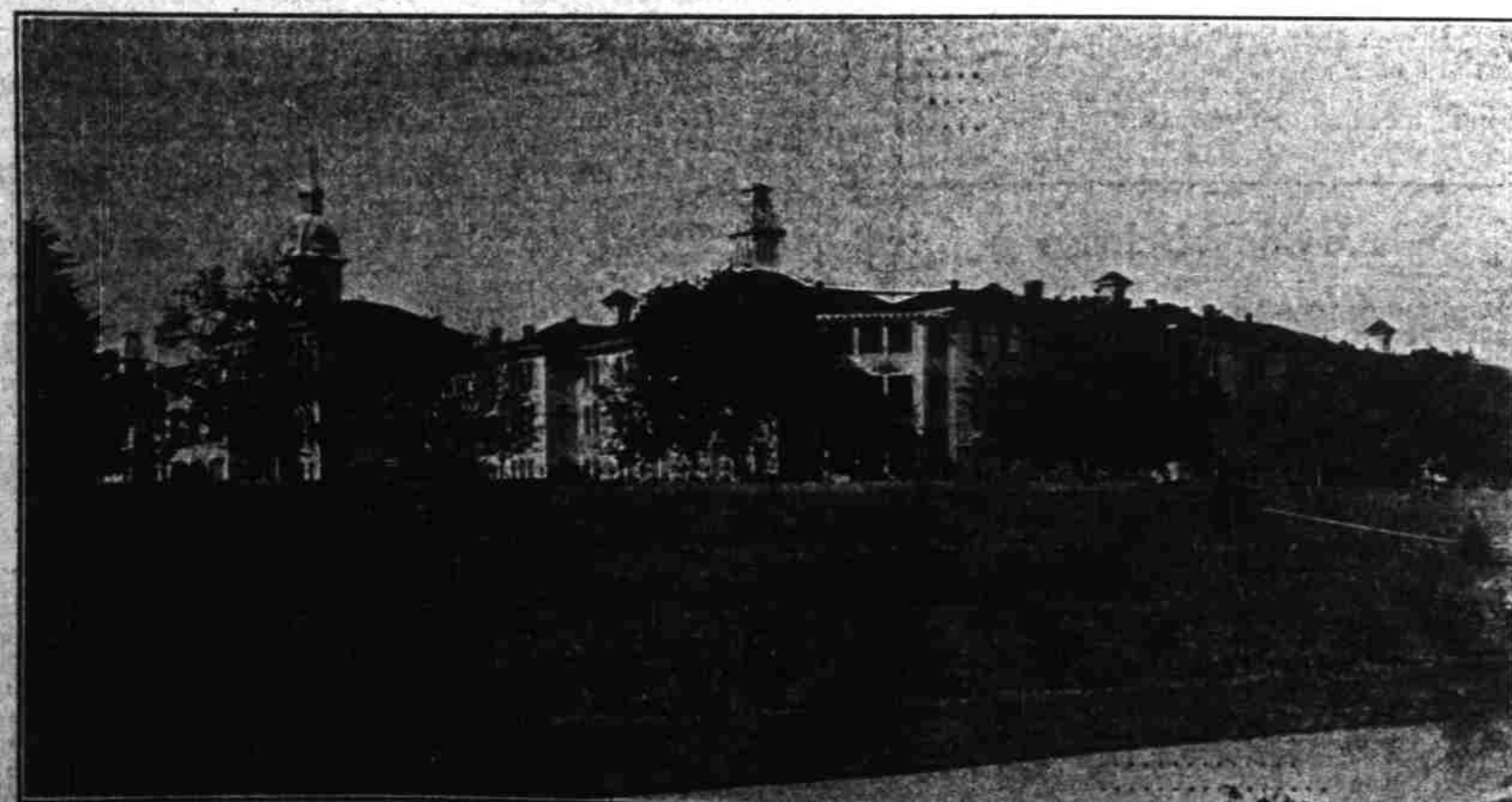
a medical attendant, is present at the time, be admitted to the hospital for treatment for a period of 30 days. This period can be renewed indefinitely upon mutual agreement.

Things have reached the point where nothing discourages a farmer more than to pick up a paper and see that the government is going to do something for him.—Yates Center News.

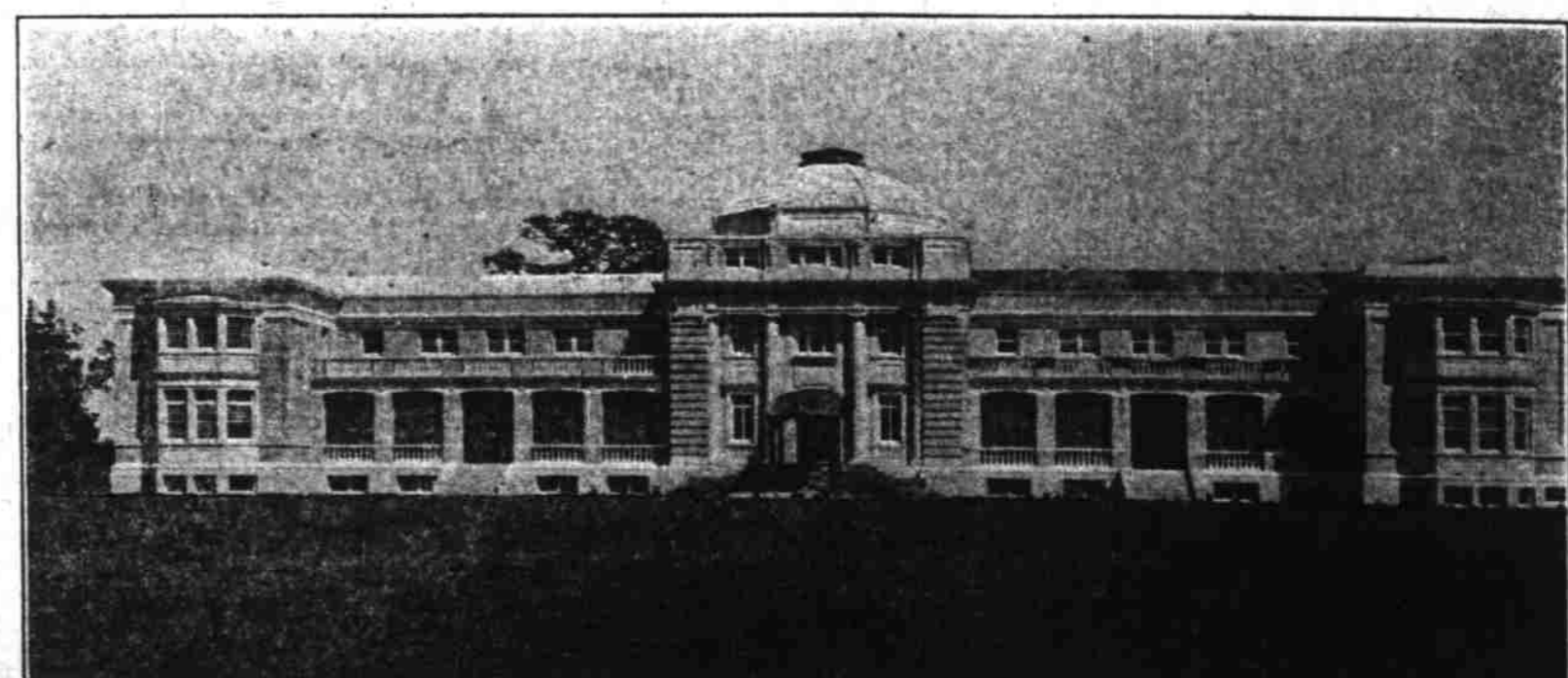
Opinions may differ as to the 10 best books, but just now one best, unquestionably, is the seed catalog.—Providence Journal.

England is much excited over the rumor that the Labor party is going to refuse to recognize King George unless he shows his working-card from the king's union.—Chicago Tribune.

A person must be getting old when he begins to think possibly there may be something in the gland theory.—Toledo Blade.



Oregon State Hospital



Receiving Ward Oregon State Hospital